

Foot Soak with Warm Water in Elderly and the Quality of Sleep

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Abstract: Sleep disorders can lead to serious problems and can even degrade the quality of life. Sleep disorder is one of major problems experienced by many Elderly that triggered by decrement in various aspects of biological, physiological-psychosocial, and spiritual. This study aimed to identify the effectively of foot soak in warm water in improving the quality of sleep in elderly. The research was pre experimental with one group pretest-posttest design. The population of this research was elderly who leave in social house for elderly Tresna Werda. The sample taken were 15 elderly that selected purposively. The instrument utilized in gathering data was the PSQI questionnaire. The quality of sleep at before treatment was found to be in "very bad" and after foot soak treatment was found to be "good". This study indicates that there is a significant difference before and after the foot soak therapy with $p \text{ value} > 0.05$. Conclusion: This study suggests the foot soak therapy with warm water to improve sleep disorder among elderly.

Keywords: Quality of sleep, foot soak, warm water